



FEEDBACK FORM #2

THIS FORM IS FOR YOU!

To be filled out within 2 hours following the practice classes you teach. Focus on the questions that provoke thought or feeling for you and use them as an opportunity to explore where you are now as a teacher and how you want to grow as a teacher.

1. What length of class did I teach?

60 MINUTES

2. What did I do to connect with students before and after class? If nothing what could I have done?

I GREETED THEM AT CHECK IN.

3. Generally how am I feeling about the class I just taught? Was I present in the room?

IT WAS GREAT. I HAD A ONE-ON-ONE LAST WEEK AND PRACTICED WHAT SHE TOUGHT ME, AND IT REALLY CAME THROUGH. IT MADE THE CLASS EASIER TO TEACH.

4. How was my timing/pace? Length of holds? Smoothness of transitions?

REALLY GOOD! THE BEST YET.

5. Was I connected to the people in the room? How was my language appropriate to the level(s) of students present?

YES.

6. How did I bring my own voice through the Moksha sequence to support and challenge the students?

THE THREE STUDENTS WERE MY FRINEDS SO I WAS ABLE TO BRING THINGS I KNEW ABOUT THEM INTO THE CLASS.

7. Did I set a silent intention prior to walking into class, or an intention aloud when I began the class? If so, how did I stay connected to my intention, and/or keep the students connected to the intention?

TO DO WHAT I PRACTED WITH SIOBAHN, WHICH I DID.

8. Based on this teaching experience, and after reviewing the student feedback, what one thing will I work to improve on in my teaching?

SHORTER, MORE SPECIFIC CUES, ESPECIALLY DURING THE FLOOR SEQUENCE.